

Can I get infected with the 2009 Influenza A (H1N1) virus by eating or preparing pork?

No. The 2009 H1N1 flu virus is not spread by food. You can't get infected with 2009 H1N1 flu virus from eating properly handled and cooked pork products.

Who is at risk for getting 2009 Influenza A (H1N1)?

Most people have no immunity to 2009 Influenza A (H1N1) and are at risk for getting the disease. Certain groups appear to be at greater risk of having more severe illness including children (especially children under 5 years of age), young adults, pregnant women and people with other health problems (like asthma, diabetes, lung problems, heart problems, and other serious chronic illnesses). Healthy people age 65 and older are generally less likely to get the disease than others, but if they do get ill with 2009 Influenza A (H1N1), they are at greater risk of having a more severe illness.

What should I do if I have symptoms of 2009 Influenza A (H1N1)?

If you are experiencing symptoms, it is very important to *stay home from work, school, or daycare* in order to help prevent spreading the disease. While staying home be sure to:

- Call your health care provider(s) about any special care you might need if you are pregnant, have a weakened immune system, or have an existing health condition such as diabetes, heart disease, asthma, or emphysema.
- Check with your health care provider about whether or not you should take antiviral medications.
- Stay home for at least 24 hours after your fever has resolved. Avoid close contact with others as much as possible, even at home.
- Identify a single household member as your caregiver to minimize the possibility of spreading the illness to others.
- Get plenty of rest and drink enough fluids (such as water, broth, sports drinks, or electrolyte beverages for infants) to keep from getting dehydrated.
- Cover coughs and sneezes.
- Clean hands with soap and water or an alcohol-based hand sanitizer often, especially after using tissues and after coughing or sneezing.
- Avoid coughing or sneezing in the direction of someone else.
- Be watchful for emergency warning signs (see "When should I seek emergency care?") that might mean you need to seek medical attention.



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City of Milwaukee Health Department



What do I Need to Know About Novel 2009 Influenza A (H1N1)?

What is 2009 Influenza A (H1N1)?

Influenza is a respiratory disease which usually occurs each winter. 2009 Influenza A (H1N1) flu is a new influenza virus also causing respiratory illness in people. This new virus first appeared in the US in April 2009, and is currently spreading from person-to-person worldwide. 2009 H1N1 flu was originally called “Swine flu” because lab tests showed that some parts of this new virus were similar to influenza viruses that occur in pigs (swine). But further study has shown that this new virus has inherited parts from several different kinds of flu viruses, including those that normally circulate in pigs, birds, and humans (regular “seasonal influenza”).



What are the symptoms of 2009 Influenza A (H1N1)?

The symptoms of 2009 Influenza A (H1N1) are similar to regular seasonal flu, and usually include a fever, sore throat, and a cough. In addition, influenza often causes runny or stuffy nose, body aches, headache, chills, and fatigue. 2009 Influenza A (H1N1) also causes diarrhea and vomiting in many people. Typical symptoms such as a fever and cough may not be seen in young children. Infants may not show respiratory symptoms at all, having only a fever, tiredness or drowsiness.

How is 2009 Influenza A (H1N1) spread?

2009 Influenza A (H1N1) is spread in the same way seasonal flu is. The flu virus is mainly spread from person to person by coughing and sneezing. This can be either directly by a person coughing or sneezing on someone else, or indirectly when someone coughs or sneezes on their hands and then touches another person. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

When should I seek emergency care?

Anyone who experiences the following symptoms should seek medical care.

- Difficulty breathing, shortness of breath or chest pain
- Purple or blue discoloration of the lips
- Severe vomiting or are unable to keep liquids down
- Signs of dehydration such as dizziness when standing, absence of urination, dry mouth (or in infants, a lack of tears when they cry)
- Seizures or convulsions, feeling confused, or being less responsive than normal
- Flu-like symptoms that are worsening over time

If possible, call the doctor or clinic before you go, so that arrangements can be made to prevent exposing other individuals to the flu.

How is 2009 Influenza A (H1N1) treated?

People sick with any type of flu should make sure to drink enough fluids, get plenty of rest, eat healthy foods, wash hands frequently and stay home to avoid spreading the flu to other people. Drugs used to treat seasonal flu, called antivirals, can also be used to treat the 2009 Influenza A (H1N1) flu. A few influenza viruses, including 2009 Influenza A (H1N1), have been resistant to some, but not all, of these drugs. Healthcare providers may recommend that certain people who are sick with flu-like illness receive antiviral medication, and, if you need antivirals, they can tell you which antiviral medication might be best for you. If you need antivirals, your doctor can often prescribe them over the phone. Unless you are severely ill, you should call your doctor before going to a hospital or clinic. This saves time, and prevents exposing others.

If someone in my house is sick, but I'm not, do I need to stay home?

You do not need to stay home or out of school if you are not sick. However, you should limit unnecessary contact with other people as much as possible. If you start feeling sick, especially with a fever, cough, sore throat and feeling tired, you should stay home and minimize contact with others as much as possible.



What can I do to prevent my family from getting 2009 Influenza A (H1N1)?

The main steps people can take to prevent the spread of both 2009 Influenza A (H1N1) and seasonal flu viruses are the same:

- Stay home and away from others as much as possible when you first notice symptoms. If you suspect 2009 Influenza A (H1N1) flu, you should remain in isolation for 24 hours after the fever is gone.
- Cover your cough or sneeze! If you use a tissue, throw it away immediately after sneezing into it. Better yet, cover your cough or sneeze with your sleeve or the bend of your elbow, which helps prevent contaminating your hands.
- Wash your hands frequently! Thoroughly soap them, washing both the palms and backs for 15 to 20 seconds, then rinse. If it isn't possible to wash your hands, use hand sanitizer gel that contains at least 60% alcohol.
- Avoid touching your eyes and nose, as this can transfer the virus to areas where it can cause infection.



Is there a vaccine or shot available to prevent 2009 Influenza A (H1N1)?

A vaccine is currently being produced, and will be available this fall. This vaccine is made exactly the same way as regular, seasonal flu vaccine, and is expected to be as safe and effective as the normal flu shot. The vaccine will be given first to health care workers and to those at greatest risk from a novel 2009 H1N1 infection - including pregnant women, children and young adults aged 24 years or less, and people who have asthma, heart disease, diabetes, immune system problems, and some other chronic medical conditions.

How many shots will I need to receive to be protected from 2009 Influenza A (H1N1)?

Individuals who are 10 years of age or older will only require 1 dose of the 2009 Influenza A (H1N1) vaccine. Children between the ages of 6 months to 9 years of age will require 2 doses of 2009 Influenza A (H1N1) vaccine, given at least 3 weeks apart.